

metro

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Monday, February 26, 2018 metro.us | t: MetroNewYork | f: MetroNewYork



THE FIRE SALE CONTINUES

Rangers trade Rick Nash to Bruins as NHL trade deadline arrives today. 26

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Professor creates way for cities to bounce back after disasters. 6

TRUMP'S MOTIVATORS
(MONEY, PRAISE *and* HATRED)
ARE YOURS TOO!



To break this unholy alliance, read
**"ADDICTED TO WHITE
THE OPPRESSED IN LEAGUE WITH
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by
Jerome E. Fox, Ph.D.

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OFF THE RAILS

Are trains safe? After a recent spate of deadly crashes, the statistics may surprise you. 4

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MORGAN ROUSSEAU, MANAGING EDITOR

Once upon a time I was afraid of flying. No, scratch that — I was terrified at the very thought of it. Careening through the clouds at ungodly speeds in a tin can was hardly my idea of safe. Of course, as we all know, statistics show that these fears were unfounded. Now I fly, happily, with a little help from a mile-high Bloody Mary. But what about trains? Recent high-profile derailments have a lot of travelers questioning whether they should be afraid to go “all aboard.” A Metro reporter investigates. Read more on page 4 and visit metro.us for more of our transit coverage.



FLA SHERIFF: ONE DEPUTY FAILED TO STOP SHOOTER

Only one sheriff's deputy failed to stop the gunman who killed 17 people at a Florida high school, the Broward County sheriff said on Sunday, dismissing reports that other deputies did not enter the school during the attack as unverified. Broward County Sheriff Scott Israel also said his department acted properly in at least 16 of the 18 calls it received before the massacre, warning that Nikolas Cruz, the 19-year-old suspect, was

dangerous. Israel rejected a call for his resignation from a state legislator and defended his department on CNN's “State of the Union” on Sunday from criticism that deputies missed warning signs about Cruz, a former student at Marjory Stoneman Douglas High School in Parkland, Florida. Gov. Rick Scott on Sunday asked the Florida Department of Law Enforcement to investigate the law enforcement response to the shooting.

WH: NORTH KOREA TALKS MUST END NUKE PROGRAM

The White House said any talks with North Korea must lead to an end to its nuclear program after senior officials from Pyongyang visiting South Korea said on Sunday their government was open to talks with the United States. The North Korean delegation, in Pyeongyang for the closing ceremony of the Winter Olympics, met at an undisclosed location with South Korean President Moon Jae-in, and expressed

a willingness to meet with the United States, Moon's office said in a statement. The Pyongyang delegation said developments in relations between the two Koreas and between North Korea and the United States should go hand in hand, according to the statement. The Olympics gave a boost to recent engagement between the two Koreas after more than a year of sharply rising tensions over the North's missile program.

5 THINGS YOU NEED TO KNOW

LUNAR NEW YEAR PARADE HELD IN CHINATOWN

3 People take part in the Chinese Lunar New Year parade in Chinatown on Sunday. The occasion is based on the moon's cycle and commemorates the beginning of spring. This year is the year of the dog.



GETTY IMAGES

GUN LOBBY PUSHES BACK ON TRUMP'S GUN PLANS

The National Rifle Association pushed back on Sunday against modest proposals by President Donald Trump and other Republicans to change U.S. gun laws in the wake of a school shooting in Florida that killed 17 students and staff. The powerful gun lobby group does not support Trump's proposals to raise the age limit for buying certain types of guns and to ban bump stocks that enable semi-automatic rifles

to shoot hundreds of rounds a minute, a spokeswoman said on ABC's “This Week.” As November congressional elections draw closer, Trump and Republicans are under pressure to show they are responding to concerns about school safety without angering supporters who oppose gun control. Trump has also said he supports legislation to tighten background checks for gun buyers, although he has not provided specific details.

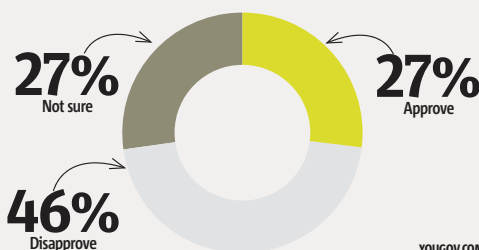
NEW SAMSUNG PHONE FOCUSES ON SOCIAL MEDIA

Samsung Electronics unveiled its flagship Galaxy S9 smartphone on Sunday with an emphasis on visual applications for social media, hoping to attract tech-savvy young consumers. With the global smartphone market set to stay flat or even shrink after meagre growth of 1 percent last year, vendors are focusing on features designed to encourage consumers to ditch their old phones sooner. Samsung launched

the S9 at the mobile gadget fair in Barcelona, attracting thousands of reporters to see how the world's biggest smartphone maker could innovate in a category where the big players are technologically closer than ever. DJ Koh, Samsung's president of IT and mobile communications, said the most important function of a phone today was “visual communication” and the Galaxy S9 had been designed for the visual and social generation.

NATION OF IMMIGRANTS

The United States Citizenship and Immigration Services (USCIS) changed its mission statement, dropping a reference to America as “a nation of immigrants.” Do you approve or disapprove of the USCIS dropping this reference?



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ACCELERATE YOUR FUTURE.

What's going on with all these deadly train crashes?

These harrowing experiences, experts say, could be avoided by implementing safety technology.



SCOTT SIMONE
letters@metro.us

In a literal sense, railway safety seems to be off track across the country, as three fatal train accidents have captured the media spotlight in as many months.

First, in December, there was an Amtrak train that derailed in Washington state as it took a corner at more than twice the speed limit, killing three people and injuring nearly 100 others. Then, in late January, an Amtrak passenger train carrying Republican mem-

bers of the U.S. Congress slammed into a garbage truck in Virginia, killing one person on the truck. And earlier this month, an Amtrak train crashed into a parked freight train in South Carolina, killing two crewmembers and injuring at least 116 others.

These are just the latest headline-grabbing railway disasters over the past few years, including a 2015 Amtrak derailment in Philadelphia that killed eight passengers and sent 185 others to hospitals.

"I remember being flung to the other side of the carriage," said Eimear Kelleher, who was a passenger on the train that derailed in Philadelphia. "The train had flipped to the point where the seats were now the roof."

"The scene was actual chaos. It was like an episode of 'Grey's Anatomy' — blood, stretchers, and a man with what looked

like a cactus coming out of his head," Kelleher said.

These harrowing experiences, experts say, could be avoided by implementing safety technology, such as positive train con-

"Human life is cheap compared to how much it would cost to implement this technology."

Michael Barasch

trol. This advanced system is designed to automatically stop a train before certain accidents occur, including train-to-train collisions, derailments

caused by train speed, and train movements through misaligned switches.

"That's technology that would've prevented the Philadelphia derailment, the accident in Washington state, and the accident in South Carolina," says Keith Millhouse, who was instrumental in implementing positive train control in Metrolink, Southern California's regional rail system. The problem, according to the majority of train operators, is an economic one.

"Human life is cheap compared to how much it would cost to implement this technology," says Michael Barasch, a lawyer who's represented passengers injured in both the Philadelphia and South Carolina accidents.

"Some operators take the position of, 'Well gee, this is too expensive, we can't do it.' Because of that foot-dragging, people



The scene along a portion of the Interstate 5 highway after an Amtrak crash on Dec. 18, 2017. GETTY IMAGES

have lost their lives that shouldn't have," said Millhouse.

Other experts argue that the perceived safety problem is a result of the media.

"I'm not sure we're seeing so many accidents and derailments, we're seeing a couple that are getting a lot of press," said Allan Zarembski, the director of the Railroad Engineering and Safety Program at the University of Delaware.

Referring to statistics from the Federal Railroad Administration that show a downturn in accidents and fatalities, Zarembski said, "Nothing I've seen in the statistics from 2017 show that it was a major aberration in safety."

TRAIN ACCIDENTS BY THE NUMBERS

TRAIN ACCIDENTS:

2015: 1,936

2016: 1,653

2017: 1,492

INJURIES FROM ACCIDENTS:

2015: 563

2016: 386

2017: 204

40% 92%

The decrease in train accidents over the last decade

Decrease in casualties resulting from accidents over the last decade

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Professor creates new way to help big cities recover from disasters

Northeastern professor Ozlem Ergun has a new tool to prioritize recovery efforts after a city is hit by an earthquake, hurricane or other disaster.



KRISTIN TOUSSAINT
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What's the first step to helping a city recover after a natural disaster?

Often, crews clear roads of debris, so emergency personnel can get through to the people who need help. But what roads to clear depends on a lot of factors, like the layout of the city, what kind of disaster hit, where the hospitals are and what areas of the city are most affected.

The best first move shouldn't be the same in every situation, according to Dr. Ozlem Ergun, a professor of mechanical and industrial engineering at Boston's Northeastern University — even though currently, emergency management agencies follow strict guidelines when it comes to recovery efforts.

Ergun has devised a new way to help cities recover after disasters.

In a report recently published in the journal *Plos One*, she details a new mathematical tool that prioritizes relief efforts based on the individual reality of the situation, from what roads are blocked most to what kind of debris is scattered across a city after an earthquake, hurricane or other kind of disaster.

"Of course you have to plan for big events, but then once something happens, the situation on the ground is going to be very particular," she said. "You should have a pre-plan, but you should also have these decision tools that can aid you when faced with com-

"You should have a pre-plan, but you should also have these decision tools that can aid you when faced with complexities of a situation."

Dr. Ozlem Ergun

plexities of a situation."

Currently, emergency guidelines say that rubble should be cleared from roads based on a ranking system. Primary



Rescuers search for victims after a magnitude 7.1 quake struck central Mexico in September 2017. GETTY IMAGES

roads like highways are cleared first, and second-

debris," Ergun said. "It might end up making more sense not to open up a primary artery if it has a lot of debris."

The reality of a disaster can lead to surprises. In her research, Ergun compared disaster simulations of Boston and New York City. When debris falls over each city in a "uniform" way, New York City's grid is more resilient than Boston's tangle of roads.

But disasters aren't that neat.

"When we simulated an actual event happening, which means

... debris that's left on the ground is not uniformly distributed over all roads. ... It turned out the resiliency of Boston and New York was not so different," Ergun said.

Though many experts believe a grid network means a city will fair better, Ergun's work shows that's not an absolute truth. The steps for what to do in the wake of a disaster shouldn't be so concrete, either.

"Just going by the high-level guidelines, by the rule of thumb, can not be as effective," Ergun said.

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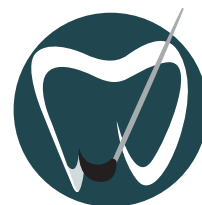
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NASA finds the coldest heart on Earth

Icy heart from the Arctic

NASA's Operation IceBridge aerial survey has captured an incredible and rare image: an unusual heart-shaped calving front of a glacier in northwest Greenland. The photograph was captured during one of the hundreds of flights of the mission which has carried out seven field campaigns in the Arctic and Antarctic in a single year.

"This image shows a heart-shaped calving front of a glacier in northwest Greenland."

NASA

In total, researchers flew more than 344.3k kilometers, the equivalent of orbiting the Earth 8.6 times at the equator. METRO WORLD NEWS



9 years the IceBridge mission has been operating. NASA



An Icy Heart. NASA

"I SAVED MY FATHER'S LIFE"

"I got trained in overdose prevention after I spent four years in the army. One night at home, my dad fell out of bed. He wasn't breathing and he had turned blue. I knew he had used heroin before. I grabbed my naloxone and gave it to him. After a few minutes, he started breathing again. He came out of it. That was a life-changing moment for both of us."

~Brian, Queens

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Why Are So Many Knee Arthritis Sufferers Choosing Newest Medication?

New York Doc's Merge Best of High Tech

*Fraction of the cost, less medical risk, little to no downtime
Hundreds of arthritis sufferers from tri-state area can*

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the **NY Pain MD** in New York City. "The same holds true for treating arthritis pain. I believe we are having so much success at **NY Pain MD** because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possible"

What is the "correct treatment?"

"That depends," said the director. "There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day," added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology*.

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at **NY Pain MD** use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without *Precision Arthritis Targeting* (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without *Precision Arthritis Targeting* Technology and did not get good results - this may be why.



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife



Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Knee With Painful Arthritis

Pain -

Illustration shown is a knee joint with painful osteoarthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



Lubrication Medicine Injected Directly Into Knee Joint Like "Joint Oil" using Precision Targeting Technology

Successful Treatment -

Successful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advanced imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Arthritis Sufferers Of Almost All Medical Procedures Before Surgery? Each Medicine And All Natural Treatments Anytime, often covered by insurance amongst top reasons... Calling weekly to find out if treatment may be right for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the 2 ½ years thousands of knee pain sufferers have flocked to the **NY Pain MD** New York City

That's when their specially trained-doctors added cutting-edge arthritis treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil.' It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use "**Precision Arthritis Targeting Technology**". This allows us to place the Viscosupplementation exactly where it needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time." noted the Director of Center



Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluoroscopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. **NY Pain MD** used this P.A.T. Imaging Technology with each and every treatment.

NY Pain MD is a state of the art medical facility offering the best technology.

And that's not all

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better; many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can Help You?

If you have knee pain, the **NY Pain MD** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology*.

Many Insurance Plans Participate:

Most Out-Of-Network Insurance Plans
United Healthcare In & Out Of Network (except the Community Plan) Traditional Medicare • AARP Medicare Most Union Plans • Transit Worker Plans Work Related Injuries/Work Comp Auto Accident plans Out of network:
Aetna • Cigna • Empire • Oxford • Ghi • 1199 Blue Cross Blue Shield & others
*EZ payment plans and financing also available

All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at **NY Pain MD** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important -

Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any question:

Call: 800 885 KNEE (5633)

Are You Qualified For Knee Arthritis Screening With NYC Pain MD?

- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as NSAIDS and other anti-inflammatory medications without success?
- Have you already tried viscosupplementation (Hyalgan, Supartz Synvisc) without satisfactory results?

If you answered yes to any of these questions - give **NY Pain MD** a call and schedule your no obligation knee pain screening

NYC PAIN MD

800-885-KNEE (5633)



Donald Trump's name has been removed from several Trump properties. GETTY IMAGES

TRUMP'S AMERICA

HOTEL HELL
AT TRUMP'S
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Analysis



ways.

The uproar got so wild, it was almost as if Steve Bannon had come to town.

For now, the Trump people are holding on with their fingernails, and Fintiklis is back in court taking further steps to make them leave.

This isn't happening only in Panama.

Since Trump became president, his name has been yanked off three other Trump hotels — in Toronto, Rio de Janeiro and Manhattan's SoHo district. Panama will probably be next, though the Trump Hotel in Washington does seem to be thriving. Many of its customers are lobbyists and foreign governments eager to curry favor with the Trump administration.

A ballroom rental for an ambassadorship? That sounds fair, doesn't it?

Metro columnist Ellis Henican is the best-selling author of a dozen books, including "TRUMPTITUDE: The Secret Confessions of Donald's Brain." Join him on Twitter @henican.

I have seen the future of the Trump presidency. It features an eviction notice, a document shredder and a bunch of agitated people peppering each other with angry insults. Kinda like the White House on a calm day!

You're probably still trying to make sense of Donald Trump's crazed solution for all these mass shootings in schools — more guns in the classroom! Me, I've been gazing south, past Florida, to the Latin American nation of Panama, where the majority owner of the Trump International Hotel & Tower is desperately trying to rid the condo-hotel of any connection to Donald Trump.

No, Trump doesn't actually own this "Trump" tower. He didn't design or build it. He just slapped his name on the place and let his people run it, which they've been doing abysmally, it seems. Like a Trump, you might say.

Anyway, a Miami businessman named Orestes Fintiklis bought up 202 of the hotel's 369 rooms at fire-sale prices last fall, noticing that hardly anyone in Panama wanted to stay somewhere named "Trump." On Thursday, Fintiklis showed up at the failing hotel with an eviction notice, demanding the Trump Organization management team hand over the keys. They refused, locked themselves in an office and, from the sound of things in the hallway, started shoveling piles of paper into the shredding machine. The police were called. At one point, the power was turned off. There was a lot of yelling in the lobby and the hall-

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Could Mass. gun laws set an example for laws across the United States?

Federal policymakers eyeing gun law reforms in the wake of the Parkland, Florida, school shooting should look toward Massachusetts, the state's governor, Charlie Baker, said.

Asked about President Donald Trump's suggestion of equipping certain trained teachers with concealed guns, Baker and Boston Mayor Martin Walsh, who spoke to reporters separately at a downtown Boston event focusing on opioid addiction, each said they instead wanted to see a focus on the processes through which people obtain guns.

"I've said several times on some of these other major tragedies associated with guns that I would like to see the federal government pursue many of the strategies and the policies that we have here in the Commonwealth of Massachusetts," Baker said, pointing to the state's assault weapons ban.

"There are very few states in the country where the chief of police is the vehicle through which you get your gun licenses and your license to carry and that chief of police is in a position to revoke your license if they deem you to be a danger," Baker said. "With respect to teachers, I don't think more guns is the answer, in classrooms, to this problem. I think we should be doing a better job with many of the things we do here in Massachusetts to ensure that people who purchase guns have to pursue a process to get licensed to do so that's far more refined and restricted than it is in many other places."

In a series of tweets Thursday, Trump discussed the possibility of giving concealed guns to "highly trained, gun adept" teachers and coaches with military experience or other spe-

cialized trainings. Such teachers could serve as a deterrent and "immediately fire back if a savage sicko came to a school with bad intentions," Trump wrote.

"If a potential 'sicko shooter' knows that a school has a large number of very weapons talented teachers (and others) who will be instantly shooting, the sicko will NEVER attack that school," the president tweeted.

Walsh said Trump "doesn't take the time to understand" and suggested he speak with U.S. Rep. Stephen Scalise, who was shot in the hip during a congressional baseball team practice in June, and former Rep. Gabrielle Giffords, who was shot in the head in 2011 while meeting with constituents in a grocery store parking lot.

"Just talk to those two, two that have been shot, and ask them, should the coaches on the first and third base side have a gun?" Walsh said. "Should they have a gun to protect them from playing softball where he got shot, or baseball, whatever he was playing? I just think there has to be a better answer than that."

Instead of discussing armed personnel in schools who could respond to an active shooter scenario, Walsh said the conversation should focus on preventing shootings to begin with, suggesting an expansion of the national background check required to buy firearms.

"How about we not let an 18-year-old buy an assault rifle with unlimited amounts of clips and be able to buy tear gas and a bulletproof vest?" Walsh said. "How about we start there and stop that from happening first before we start talking about arming everyone to shoot the intruder that comes in the school?"

STATE HOUSE NEWS SERVICE



Gun control advocates point to Massachusetts' ban on assault weapons as one of the reasons for its low gun homicide rate. GETTY IMAGES

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How many gun owners belong to the NRA? Not as many as you'd think

And studies show that most gun owners disagree with the organization's views.

Although the National Rifle Association is often referred to as a monolithic force, less than 10 percent of gun owners belong to the NRA, and the organization does not necessarily reflect their views. So how many gun owners belong to the NRA?

The NRA claims it has five million members, according to the Washington Post (which noted that number may be inflated). That's between 6 to 7 percent of the total number of gun owners nationwide, meaning between 73 million and 81 million gun owners do not belong to the NRA.

Overall, about 43 percent of Americans over-



NRA CEO Wayne LaPierre. GETTY IMAGES

all have a favorable view of the organization. But surveys indicate that the NRA doesn't speak with one voice for all gun owners. A 2013 Pew Research Center study found that both NRA members (74 percent) and non-members (83 percent) favor background checks at gun shows and private sales, even though the NRA officially opposes it.

The NRA is also opposed to a ban on assault-style weapons, but 51 percent of non-NRA gun owners support it. Even one-third of NRA members support the ban.

Other studies show that gun owners support more gun-safety regulations. That's a far cry from the unyielding positions taken by NRA officials in the aftermath of the high-school shooting in Parkland, Florida, on Feb. 14.

"Taken as a whole, these numbers indicate that there's a large and largely silent majority of gun owners who find themselves at odds with the NRA on key gun policy issues. And even within the NRA, plenty of members disagree with the organization's stated policy positions," wrote Christopher Ingraham in the Post. **MICHAEL MARTIN**

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Do you already have this secret ClassPass function hiding on your smartphone?

You might have access to a new set of services if you're a ClassPass member.



LENYON WHITAKER
lenyon.whitaker@metro.us

The popular app that allows members to find the best fitness classes around town just launched a new feature that will allow select ClassPass NYC users to take advantage of a broader range of services. If you already have a membership, there's a chance you might be able to take advantage of new features in the



Some users in New York City may have massage therapy available on their ClassPass app. GETTY IMAGES

ClassPass app.

Aside from booking fitness classes ranging from rock climbing to Pilates, select users will be able to sign up for massages, facials and other wellness services available in the city. (But only ClassPass NYC users are in the group that quietly got the feature added to their phones. You're going to have to wait if you're in another city.)

The membership service already has a plethora of fitness classes available to its members on the app, but adding other services that go beyond the scope of normal fitness routines could enhance the overall experience for members.

"Expanding into wellness has been on our radar for some time," said ClassPass CEO Fritz Lanman in a press release. "Our users are a health-conscious group looking to discover high-quality experiences at the best possible value. They crave more than just physical fitness and as trailblazers in the space, it's our role to create an inclusive business model that encompasses wellness while continuing to introduce users to new experiences."

The company launched these new features to some members in New York City

to allow access to wellness services such as massages, facials, cryotherapy, float spas, infrared saunas, acupuncture and more during the testing period.

The company did not release a statement on how long they will be testing the new feature on the app, but there's a chance you might already have access to the new feature.

How to check for Wellness in the app if you're a member of ClassPass NYC

If you're already a ClassPass NYC member, you probably should check to see if you have access to additional wellness classes being offered in the pilot program. Open the ClassPass app and search for classes. Next, go to your filters and check to see if there's a new option for "Wellness" when you select "Activities." If you see new wellness services in your area such as facials or cryotherapy, then you are one of the chosen few with access to a broader range of services on the ClassPass app.

According to ClassPass, the goal of this new feature is to "introduce a more diverse inventory of experiences" that will enable members to explore new fitness routines that go beyond physical exercises.

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'Win or not, it's still a triumph'

Ahead of the Oscars this weekend, we chatted with actress, screenwriter and director Greta Gerwig about her nomination for "Lady Bird," and how excesses are bad — even when it comes to feminism. **GABRIELA ACOSTA, MWN**



Gerwig is only the fifth woman to be nominated for an best director Academy Award in the ceremony's 90 year history. **GETTY IMAGES**

Greta Gerwig considers herself more screenwriter than director, but her work as the latter has been revelatory. Gerwig is nominated for an Oscar for Best Director with her film "Lady Bird," a woman's story starring women — and told by women.

Of course, Gerwig isn't new to the world of film and television. With a career spanning more than 10 years, the Sacramento native has worked as an actress on films like "Frances Ha" and television series like "The Mindy Project," among others.

During a break before her activities leading up

to the March 4 Academy Awards ceremony, Gerwig talks film, feminism and fiction.

Where were you when you received the news of your Oscar nomination?

In Los Angeles! I actually tried to get up early, but I didn't make it. [Laughs] I woke up late and I got the news over the phone. My first reaction was to cry, then laugh, and in the end, I screamed. There was even a report in the hotel that something had happened to me! I'm still in shock.

When a woman is recog-

nized in any field, does that influence the rest of the world?

Due to the time we are living, I think it does. We're at a stage where women no longer want to remain silent and are raising their voices. I recently learned that I am the fifth woman on the list of the best directors for an Academy Award in its 90 years. You can imagine everything that this nomination brings. Whether you win or not, it is a triumph.

How close or far are you from feminism?

It's complicated because the problem today is that feminism falls into

excesses. I think that to fit in with the core of modern feminism, we have to find the right way to combat and transform machismo. When feminists talk about the position of women in society, it's always about men being

What is the film about?

Christine McPherson (Saoirse Ronan) is a loving and deeply stubborn young woman. As much as she struggles against it, she's exactly like her mother (Laurie Metcalf), a nurse who works to keep the family afloat after their father (Tracy Letts) loses his job. Set in 2002 in Sacramento, California, in the midst of an economic panorama marked by vertiginous changes, "Lady Bird" is a moving vision of the relationships that shape us, the beliefs that define us and the unparalleled beauty of a place called home.

leaders in all kinds of professions. But I feel like we're making changes. There's still a lot to be done.

Looking ahead, how do you think winning an Oscar could change your career?

I don't like to get ahead of the facts.

I have many men around me [nominated], and my fight goes beyond that. These types of nominations

open up your field of action, allow you to more easily make new projects. I think it's good that they're looking for women, that they're looking at their careers, and they're seeing all

of that.

Most of your characters as an actress have been in comedy, how much did that affect "Lady Bird"?

I like to make good things out of things that are not so good. "Lady Bird" has humor dotted with drama.

"Lady Bird" explores the relationship between mother and daughter, and it's one that's hard to explain. Was it complicated?

I must confess that "Lady Bird" is like the transcript of my adolescent journals. I grew up in Sacramento and attended a Catholic school before escaping to the other side of the country to New York, where I just wanted to write theater. Exposing those changes in both women on the big screen, their internal and physical processes, their emotional burdens, was difficult but thanks to Saoirse Ronan (Lady Bird) and Laurie Metcalf (Marion McPherson) we did it.



Saoirse Ronan as Lady Bird herself. **A24**



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Guts, gore and Donald Trump

Chatting with "The Cured" star Tom Vaughan-Lawlor about the political implications of the film and his newfound love for the horror genre.



GREGORY WAKEMAN
Gregory.Wakeman@metro.us

"The Cured" is a unique zombie film.

Rather than focusing on people trying to avoid being bitten by rampaging members of the undead, the film takes place in the aftermath of a zombie attack. Those infected are being reintegrated into society — while also dealing with the fact that they can remember

all of the atrocities they committed when zombified.

A zombie film being rich in political subtext isn't anything new. But the approach "The Cured" takes makes its message and warning feel particularly potent. And timely, too.

We chatted with Tom Vaughan-Lawlor, one of the leads from "The Cured," who admits that the film is as much about Donald Trump and the rise of the right across the Western world as it is about good old fashion guts and gore.

What first attracted you to "The Cured"?

I got the script and, to be honest, when I was told that it was a zombie horror film I was cautious. Mainly because I

am so ignorant to that genre and the subtleties in it, and the potency for it as a mode of storytelling. I knew Ellen Page was onboard, and when I read the script, I just found it so clever and the drama of how we reintegrate people who have caused damage into society I found quite pertinent and compelling.

Were you a fan of the horror genre?

I am quite squeamish. And I am not a fan of zombies. But that was just through ignorance, because connoisseurs have explained how powerful it can be. It was an education really. And I was so happy to be proven wrong about its potential.

Did you enjoy being a



zombie?

I have a newfound respect for people that work in horror films. Because it requires so much intensity and energy, and you need this heightened, intense pitch. Then with all the makeup and stuff like

that, you realize how much hard work goes into it.

Did "Cured" director David Freyne discuss the film's message with you?

He told me, "This is a political allegory. But

it has to work on a horror film level, too." You can't have one without the other. He's a proper artist. If it was just a zombie movie, it wouldn't matter. It has to have this political undercurrent message. It is relevant to so many



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Tom Vaughan Lawlor and Rory Dungan as good old fashioned zombies. IFC FILMS

We see how people that start off with good intentions can become corrupt by power. Or people that have been corrupt or questionable all along can manipulate disenfranchised, marginalized people and bend them to their

will. Which is, quite unfortunately, very timely.

What makes "The Cured" unique?

It deals with the aftermath. The psychological, emotional and societal fallout of a mass infection and how we as a society deal with guilt and people who are different to the norm. That's what really struck a chord with me. Because the character is so rich, and his complexity is so vivid, all of which is a gift for an actor. He isn't just the villain; he has something to say, as he tries to help people that have pushed people

aside.
"The Cured" is in theaters in New York now, and available on demand and via digital HD.

GETTY IMAGES



conflicts and political dynamics. Especially with Brexit and Trump, even Le Pen in France, and how we treat people that are others and that are in need of help. I think "The Cured" is a damning message for people that

turn away from those in need. We are sunk as a species if we aren't helping those in need.

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A modern take on the mafia

Chatting with James Norton, star of AMC's "McMafia," about going method and how the series is different from "The Godfather."



RACHAEL VAUGHAN CLEMMONS
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"McMafia" — which premieres tonight at 10 p.m. on AMC — might look familiar as far as dramatic mafia pieces go, there are a few things that set the new series apart.

One of those things is James Norton. The 32-year-old of "War and Peace" and "Grantchester" fame, plays Alex Godman, a young banker caught between his aristocratic, British upbringing, and the undertow of his family's involvement in

Russian organized crime.

Thankfully, IRL Norton is lovely — and excited to wax poetic about his new role. "We're all in a weird way drawn to the world of the mafia," he says over the phone. "I think it's a slightly anarchic, subversive thing, but there's also a romance and a glamour and a sort of honor almost to it."

Especially when it comes to corruption. "Any mafia tale in itself is obviously compelling, but what feels rare about 'McMafia' is how on point it is," he says. "A lot of [things] happened whilst being on the set: things with the press, the collusion between the White House and the Kremlin, the conversations around corruption. To do a show which is a great piece of drama but also an important catalyst for an important conversation was a

big, big draw."

"McMafia" manages to bring the mafia — that very popular cornerstone of popular culture — and give it a modern twist. Instead of sex and a sense of integrity, Norton says, it's all about money and power. "It's pretty brutal," he says. "The romance and honor is out of the window."

So how did Norton manage to strike the balance with Alex Godman's sensibility and a Russian family linked to organized crime? By going method, of course. Well.



GETTY



For Alex Godman, things go from 0 to 100 pretty quickly in "McMafia," premiering tonight on AMC.
NICK WALL/CUBA PICTURES/CPL GODMAN/AMC

Kind of.

"Ultimately you're going to be in this person's head for eight months. You have to know and love that character. [But] I don't know, I don't think I'm a

method actor," he says, laughing.

"My approach is pretty similar to most people," he continues. "To prepare for it, I spent as much time as I could in his head. Doing relatively mundane things like brushing my teeth or walking around, going to the park, usually on my own. Just familiarizing myself with his head, his thoughts. I'm not hardcore method by any means, but I think some of the people from some of my local shops

might think I'm a little bit freaky."

In the end, Norton is certainly happy with his portrayal (for which he learned some Russian and practiced systema, aka hardcore Russian martial arts). "For me, a good piece of writing will explore that wonderful, messy grey area," he says. "Right now in this world there are a lot of people like Alex who have been tempted. And it was really fun and exciting to play a character like that."



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The future is now

The Rubin Museum of Art is spending all of 2018 on exploring how we can make the future better.



EVA KIS
eva.kis@metro.us

Thinking about the future is an irresistible pastime for every culture around the world.

It is also a delicious paradox, both a point-less exercise and also the entire source of our life's meaning.

"We do everything aimed at the future, and yet the future never arrives," points out Jorrit Britschgi, executive director of the Rubin Museum of Art, which is spending all of 2018 examining the future through six new exhibits and a yearlong series of talks, screenings and performances.

At the same time, as the head of an institution devoted to Himalayan art

and Buddhist philosophy, the idea of reincarnation makes a better future the goal of everything we do.

"In Buddhism, there is this idea of ever-repeating cycles and your goal is to be liberated from them," he says. "So you have the concept of karma, which directs your actions towards that goal."

The man who knew the future

The exhibit starts in the eighth century with the Second Buddha, Padma-sambhava, who brought Buddhism to Tibet and, as legend has it, stowed away knowledge that would be useful in the future in physical spaces as well as coded in his teachings.

"He was well aware that there may be a point in the future that the teachings would be lost and people would be in peril, so he did this amazing thing of projecting his teachings into the

future," says Britschgi.

Fans of HBO's "Westworld" will note that Anthony Hopkins' character, Dr. Robert Ford, did something similar to guide the android Dolores' journey toward attaining consciousness.

In fact, one of the show's consultants, Stanford neuroscientist David Eagleman, is now part of the museum as its first-ever Brainwave Fellow coordinating events as varied as a seminar about luck and a talk about how dogs perceive time starring fashion icon Isaac Mizrahi's pups Dean and Kitty.

How can we change our world?

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The future kicked off with a free opening night party this past Friday. ALL PHOTOS RUBIN MUSEUM



the future these days is a little difficult with the daily crises shaking the very foundations of our democracy.

To help visitors purge their negative emotions and try to refocus on working toward the future they want, the Rubin is adapting the Tibetan prayer flag ritual — which publicly express

private hope — with the Monument for the Anxious and Hopeful. Visitors write down their thoughts on index cards, which become part of an installation that will grow and change over the course of the year.

It's also a reminder that we're all in this together: In Buddhism, there's our own individual karma, but also a broader human karma that binds all of our fates

together through issues like climate change.

"It's not just about your life, because your life is ultimately tied to everybody else's life," says Britschgi. "[This exhibit is] really a way to make people think, 'How do you, or we collectively, prepare for times yet to come?'"

The Rubin Museum is located at 150 W. 17th St. It's open Wednesday-Monday; admission is \$15.

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Why do people 'bash' bankers?



If money is the root of all that is evil, what does that make bankers? **ISTOCK**

A study shows that the majority of financial professionals experience "banker bashing" from the media and general public.



PAT KING
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Bankers have been portrayed in an almost cartoon-villain-like manner since the financial crisis of 2008. But has a lot of that criticism been unjust banker bashing?

According to a report by Selby Jennings titled "Lehman Brothers 10 Years On: Banking and Financial Services Outlook 2018," the majority of bankers believe there is a healthy amount of distrust and hatred being thrown at them by both the media and the general public.

In this study, they found that half of the bankers who took the survey had received occasional jeering banker bashing comments but no longer believe that bankers maintain the "pariah" status they once had. Thirty-seven percent of those bankers surveyed said they believe banker bashing is "alive

and well and will continue for the foreseeable future." On the other hand, only 10 percent said they had never experienced banker bashing.

"The ripple effect of the financial crisis, looking back 10 years ago, is that there is a lot of criticism of the banking industry in general," says Oliver Cooke, the head of North America at Selby Jennings. "There is a lot of criticism, particularly around some of the unethical practices that took place prior to 2008, which led to the crisis and it was clear that to folks in the media and also to the wider public bankers were seen as the enemy."

After the '08 collapse, the government passed tough regulations such as the Dodd-Frank Act, and the grassroots Occupy Wall Street movement brought economic inequality to the forefront of political discussion. So with the financial industry under increased regulation, why won't people give bankers a break?

Cooke believes the perception of shady bankers is unfair, but the damage has been done. "I think people need to realize that banking isn't like 'The Wolf

of Wall Street.' I think some people believe it still is. Some aspects of that movie might have been true for some firms back in the late '80s, but the times have truly changed. Banking has gone through a very big process of looking at itself," he says.

One of the other startling discoveries that Cooke and his colleagues made in this study is that many bankers are less confident in their positions and are looking to break into different career paths.

"Only 20 percent of the respondents said that they were 100 percent happy in finance and had never considered moving to another industry," Cooke explains.

"Almost half have been actively searching for a different role within the industry or outside of it. I think [banker bashing] has had an impact on how proud people are to work for the banking industry."

The question is: Do these bankers deserve our sympathy after the part they played in the economic collapse a decade ago? Maybe someday people will be willing to forgive and forget.

Is it OK to flirt at work?

Think before you take your work crush up a notch.



PAT KING
patrick.king@metro.us

Thanks to the #MeToo movement, workplace dynamics between men and women have begun to change for the better.

But let's say you have a harmless "work crush" at your nine-to-five. Is it OK to flirt at work?

According to Holly Caplan, a workplace-issues expert and author of the book "Surviving the D-k Clique: A Girl's Guide to Surviving the Male-Dominated Corporate World," there is no room for acting upon any romantic feelings at work.

"I don't advise it at this point for a couple of reasons," she says. "It's really about perception and how you're perceived

if you do flirt and what you are inviting. There are too many questions around that.

"It's safer to not flirt because you don't want to get yourself in a predicament," she says. "No matter how harmless your flirting is, someone can perceive it in a different manner."

Keep romance out of the office

Caplan believes that the firestorm an office romance could bring would be too detrimental to your career and your reputation. If you sense any mutual romantic feelings between you and your work crush, it's better to go outside the office to figure out where you stand.

"Leave it for out of the office. It doesn't have to be done in your cubicles under the bright



fluorescent lights," says Caplan. "If you have a crush on someone or feel like flirting and there's something you want to pursue with someone, I would take it outside of the office. Don't make the office your anchor for your relationship.

"Meet at something where you're away from work, and you can actually get to know them better," Caplan says.

When you share

something that is work-related, it can be perceived it as something it may not be.

Put it on paper – sign a love contract

If you and your work crush have a real spark, do your part to make it official before things get out of control. Many offices offer employees is "love contracts," which are designed to keep

office relationships on record with their human-resources departments.

These agreements are designed to protect the employer and employees; if an office romance turns sour, the company can take steps to de-escalate workplace tensions, such as transferring people into different departments.

Caplan says she believes signing a love contract is the best option for

co-workers who want to take their relationship to the next level.

"Now you have complete transparency, and it protects the employees and the employer because they are considered separate entities."

All in all, sitcom-ready "will-they-won't-they" office relationships have no place at work. So if you feel the need to flirt with someone in the cubicle next to you, think again.

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Rangers ship Nash to Boston

Blueshirts unloaded veteran winger with expiring contract ahead of NHL trade deadline.



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The New York Rangers' firesale continued on Sunday, just a day before the NHL's Feb. 26 trade deadline, sending veteran forward Rick Nash to the Boston Bruins for defenseman Ryan Lindgren, forward Matt Beleskey and Ryan Spooner, a 2018 first-round draft pick and a 2019 third rounder.

It's the second time in the past week that the Rangers and Bruins have hooked up for a deal, New York sending Nick Holden to Boston for Ryan O'Gara and a 2018 third rounder on Feb. 19.

The trade brings an end to Nash's five-plus-season stint with the Rangers in which he recorded 252 points in 375 games, including a 42-goal 2014-15 campaign.

With his better days

behind him and with his contract expiring at the end of this season, there was little chance that the suddenly-rebuilding Rangers were going to bring him back, making the 33-year-old a hot commodity on the trade market. He won't put up 40-plus goals again, but he is still a scoring threat with 18 goals this year.

It's just the kind of scoring depth the Bruins needed as they look to add an offensive punch during their surge toward the top of the Eastern Conference.

In return for Nash, the Rangers received a sizeable haul in their pursuit of a relatively quick rebuild.

Boston's first-round draft pick this year might turn out to be the biggest asset of this deal, though it will likely be toward the bottom of the chart if they continue to ride this hot streak into the postseason. Dating back to Jan. 13, the B's have won 14 of their last 19 games.

Lindgren was a second-round pick in the 2016 draft (49th overall) who still has some developing to do at 20 years



The Rangers got a hefty return when they traded Rick Nash to the Boston Bruins on Sunday morning before the NHL trade deadline. GETTY IMAGES

old. Regardless, he has shown flashes of becoming a solid, stay-at-home blueliner in the NHL during his time at the University of Minnesota and with the United States junior national team.

He's an above-average skater who doesn't shy away from getting into those dirty areas in the corners or in front of the net, something the

Rangers need in support of aging goalie Henrik Lundqvist.

Spooner is a 26-year-old lower-line center who isn't going to light up a score sheet, but he is a versatile enough playmaker to either center a line or move out to the wing. That could turn out to be an important arrival for New York's middle-of-the-

road power play unit.

He was incentive enough for the Rangers to take half of Beleskey's contract, which comes out to a \$1.9 million cap hit in each of the next three seasons.

Beleskey has played just 14 games with the Bruins this season while spending time in the minors. He hadn't recorded a single point with a

minus-eight rating, a miserable response to a 2016-17 season in which he recorded just eight points in 49 games. The physical forward could try and rediscover his touch as a gritty fourth liner with the promise of putting up close to 20 goals or could just be stashed in the minors until his contract runs out in 2020.

Nash the latest trade in Rangers' fire sale



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Isles must be active for Tavares

The Islanders have been relatively quiet over the past few weeks leading up to today's trade deadline.



JOE PANTORNO
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Every passing second of inaction ahead of the NHL trade deadline should make the New York Islanders and their fans a little more uneasy.

Just two points out of the final playoff spot in the Eastern Conference, the Islanders are in desperate need of defensive help, the Achilles heel of a team that is getting improved goaltending and already possesses a dangerous offense.

While a trip to the playoffs should be incentive enough for general manager Garth Snow to go for it, the looming

expiring contract of superstar captain John Tavares should make it paramount for the Islanders to improve their roster as quickly as possible.

Tavares has been the consummate professional over the past year as he continued to pledge his allegiance to the Islanders every time he was peppered with questions about the status of negotiations with the team.

Those negotiations might as well be taking place in Area 51 or at Loch Ness considering they have been nothing more than a myth. Tavares will wait until the end of the season before speaking with co-owner Scott Malkin, per Sportsnet's John Shannon.

It will be there where Tavares will likely make his demands or simply inform the organization that he will test the waters, which could be one of the worst things to happen to an organiza-



John Tavares' future is still a mystery in New York. GETTY IMAGES

tion that has experienced its fair share of disasters.

Should the Islanders want to avoid Tavares hitting the market, their best course of action is putting a winning prod-

uct on the ice and showing the 27-year-old that they are committed to regaining Stanley Cup glory for the first time since the 1980's.

That means they have

to do more than securing first-line winger Josh Bailey, who is having a career season, for the next six years. Per Shannon, the deal will play no part in making Tavares stay.

New York also sent a third-round draft pick to the Edmonton Oilers for defenseman Brandon Davidson, who has defied the odds of playing in the NHL by beating cancer, but hasn't played more than 51 games in a season after making his debut in 2014-15. He has the size needed to be a physical defenseman at the NHL level with a 6-foot-2, 208-pound frame with a heavy slap shot, but it hasn't translated well at the pro level yet, though he admitted on Saturday after the trade that he has been playing "some of my best hockey here over the past month."

He has 20 points in 137 career games with a minus-five rating.

While he might have a

shot to become a regular at the NHL level in New York, Davidson isn't the answer to fix an Islanders defense that has allowed a staggering 225 goals in 63 games.

And a broken Islanders defense has a slim chance to make the playoffs, let alone get past the first round should they sneak in.

In his first eight NHL seasons, Tavares has made the playoffs just three times with the Islanders since being drafted first overall in 2009, making it past the first round just once. If he wants to sign over the prime and possibly the remainder of his professional career to the Islanders, he'll obviously want to spend that time competing for Cups instead of eighth seeds in the playoff race.

That means Snow, whose job is likely already on thin ice, has to make a move before the deadline passes.

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Please contact Brittany Cho at (212)-241-7906 or at brittany.cho@mssm.edu.

PI: Zahi Fayad, GCO 15-0893

Division Subject: all Medications at Mount Sinai
Protocol: 1508-1742/181
Approved: 1/18/2017
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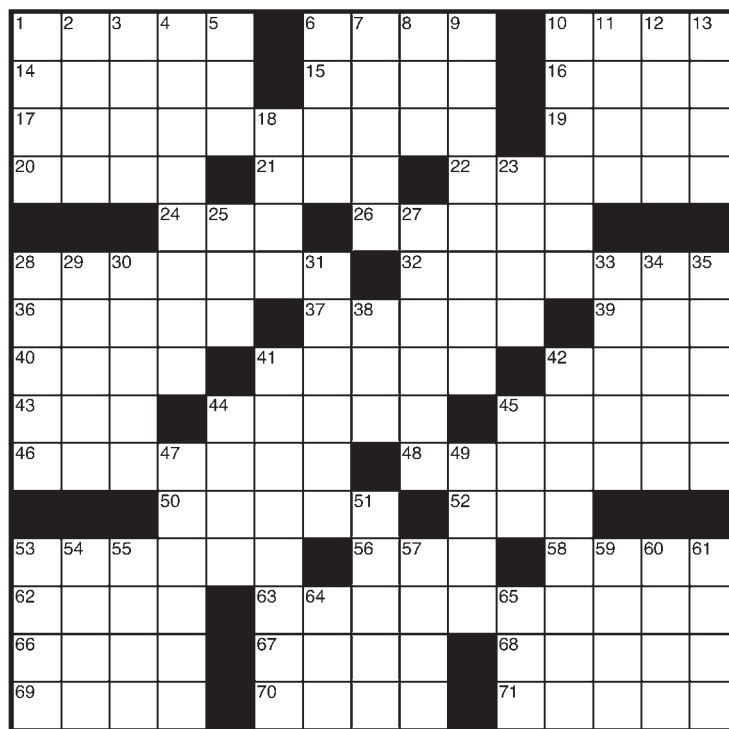
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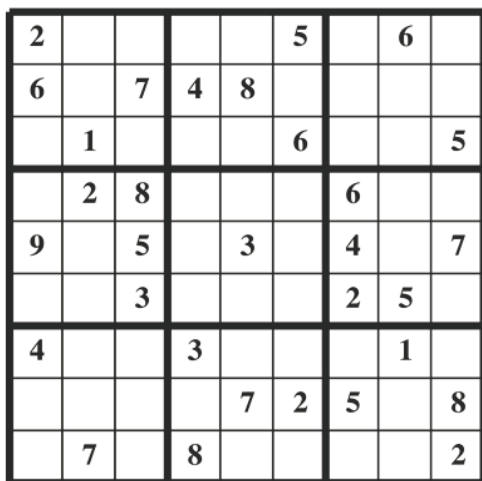
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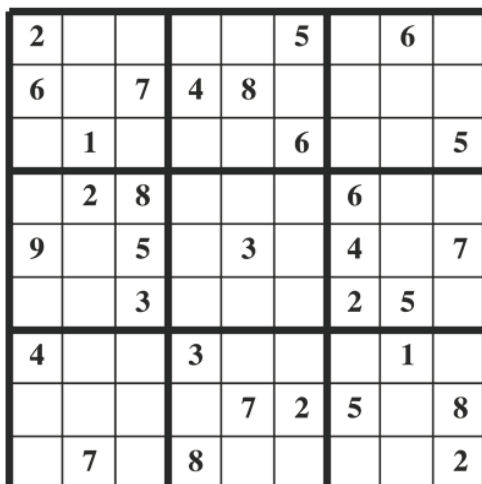


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Taurus Do your own thing. What you have to offer others will affect how they view you. Step things up a bit and make your point heard, while fulfilling your promises.



Gemini The odds are against you if you get into an argument. Focus more on helping others instead of just trying to get ahead. Important relationships will be on shaky ground.



Cancer Lead the way and do your own thing. Your insight, innovative outlook and persuasive personality will encourage good things to unfold. Personal gains look promising.



Leo Be on the secretive side regarding your assets and finances. If you are too open, someone will take advantage of the shared information and put you in jeopardy financially.



Virgo Take part in charity events or offer your assistance to children or older family member who could use some guidance, support or company. Love and romance are highlighted.



Libra Don't bring work home if you want to keep the peace. Personal responsibilities should be taken care of first if you want to avoid criticism.



Scorpio Embrace the people who have always been there for you and build a strong circle of friends. A connection you share with someone special will change your life.



Sagittarius Your generosity will get you into trouble. Use your charm, not your cash, to win someone's respect or love. The best change to pursue is the one that begins within.



Capricorn The knowledge and experience you possess will help you decide what's best for you. Reconnecting with people from your past will help you gain insight and move forward.



Aquarius Monitor your spending and keep your reactions to a minimum. Concentrate more on personal change, not on trying to change others. Question your motives.



Pisces Be leery of anyone using emotional manipulation. If someone or something makes you angry, take a pass until you know you can handle the heat. **EUGENIA LAST**

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